

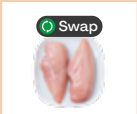


Zesty Chicken and Clementine Salad

with Whole Grain Mustard Vinaigrette

Super Quick

15 Minutes



Chicken Breasts
56 g | 113 g

Customized Protein

+ Add

Swap

or

*2 Double

If you chose to alter your protein, simply follow the **icons and specific instructions** on the back in the sidebar and you're set. You can also refer to your customized recipe online, [visit hellofresh.ca](http://www.hellofresh.ca)



Chicken Breast Tenders*
340 g | 680 g



Spring Mix
113 g | 227 g



Clementine
2 | 4



Salad Topping
28 g | 56 g



Feta Cheese, crumbled
1/4 cup | 1/2 cup



White Wine Vinegar
1 tbsp | 2 tbsp



Whole Grain Mustard
1 tbsp | 2 tbsp



Zesty Garlic Blend
1 tbsp | 2 tbsp

Allergens Hey home cooks! Please refer to the website or app for the as-prepared recipe nutritional information.

Ingredients are packaged in a facility that also handles egg, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

Pantry items | Sugar, oil, salt, pepper

Cooking utensils | Measuring spoons, large bowl, whisk, large non-stick pan, paper towels

1



Cook chicken

- Before starting, wash and dry all produce.

 Swap | **Chicken Breasts**

- Pat **chicken** dry with paper towels, then season with **salt**, **pepper** and **Zesty Garlic Blend**.
- Heat a large non-stick pan over medium-high heat.
- When the pan is hot, add **1 tbsp** (2 tbsp) **oil**, then **chicken tenders**.
- Sear until golden-brown and cooked through, 3-4 min per side.**
- Remove from heat, then transfer **chicken** to a cutting board.

4



Finish and serve

- Divide **salad** between plates. Top with **chicken**.
- Sprinkle **salad topping mix** and **feta** over top.

2



Prep and make dressing

- Meanwhile, peel **clementines**, then separate into segments.
- Add **vinegar**, **mustard**, $\frac{1}{2}$ **tsp** (1 **tsp**) **sugar** and **1 tbsp** (2 **tbsp**) **oil** to a large bowl. Season with **salt** and **pepper**, then whisk to combine.

3



Toss salad

- Add **clementines** and **spring mix** to the large bowl with **dressing**. Toss to combine.

Measurements
within steps

1 tbsp (2 **tbsp**) **oil**
2 person 4 person Ingredient

1 | Cook chicken

 Swap | **Chicken Breasts**

If you've opted to get **chicken breasts**, pat dry with paper towels, then cut into 1-inch-thick strips. Season, cook and plate them the same way the recipe instructs you to season, cook and plate the **chicken tenders**.

* Vacuum-pack guarantees maximum freshness but can lead to small colour changes and a stronger scent. Both will disappear 3 minutes after opening.

** Cook to a minimum internal temperature of 74°C/165°F, as size may vary.



Issue with your meal? Scan the QR code to share your feedback.